

What's happening at the 90th Medical Group



Airman Derek Ross, 90th Medical Support Squadron Medical Logistics, checks inventory at the clinic here Monday.



Senior Airman Emily Nelson, 90th Medical Support Squadron, tests patients for the flu through a nasal swab sample at the 90th Medical Clinic here Monday.

Patient Safety Week

Tips on being a good patient

Capt. Michael Zenk
90th Medical Group Nurse

March 5 to 11 is Patient Safety Awareness Week. When making an appointment with a physician, remember that patient safety is everyone's responsibility, including the patient's.

When coming in for an appointment, be sure to have a current list of all medications. This list should include prescribed medications and over-the-counter medications. Common over-the-counter medications that most patients have taken at one time or another are: Tylenol, Motrin, Aspirin, Sudafed, multi-vita-

mins, Nyquil, Imodium and herbal supplements. Remember, any medication that can be bought at the BX or GNC is considered an over-the-counter medication. Why is this important? It is important because taking over the counter medications along with certain prescription medications may result in adverse effects such as increased blood pressure, abdominal pain, gastrointestinal bleeding, liver abnormalities, etc.

Keep a medical appointment notebook. Write down any questions about conditions that you have prior to the appointment. The notebook may also be used to write down

symptoms and over-the-counter medications tried and how effective those medications were. The notebook may then be referenced during a doctor's visit to ensure all questions are answered. In addition, the health care provider can also get a quick and accurate history. The notebook can then be used during the appointment to take notes on what the provider says. Those notes can help people remember instructions after they have left the appointment. Be sure to write down the medications prescribed and what they are for. This will help with future appointments, if they are needed.



(Above) Eleanor Perrin, 90th Medical Support Squadron Pharmacy Volunteer, gets prescriptions for a customer at the pharmacy here Monday. The Warren pharmacy was recently awarded several Air-Force and MAJCOM level awards. (Left) Sharon Francis and Lt. Col. Sabrina Preston-Leacock, 90th Medical Operations Squadron, give Senior Master Sgt. Curtis Kinnick, 90 MDOS, information on Patient Safety Week. Ms. Francis and Colonel Preston-Leacock passed out informational brochures, hand sanitizer, birth control and other safety items.